

FORSYTH SENIOR CENTER ACTIVITIES MAY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. S.A.I.L. BALANCE & EXERCISE CLASS 9:30	2. CHAIR EXERCISES 9:00	3. YOGA 8:30 CARD SOCIAL 12:30	4. CHAIR EXERCISES 9:00 MUSIC BY HENRY 10:15 BINGO 12:30	5. S.A.I.L. BALANCE & EXERCISE CLASS 9:30
8. S.A.I.L. BALANCE & EXERCISE CLASS 9:30	9. CHAIR EXERCISE 9:00 BIRTHDAY DAY!! LINDA WOLFF FROM ACTION 12:30	10. YOGA 8:30 RING THE BELLS CLASS 12:30	11. CHAIR EXERCISES 9:00 MUSIC BY HENRY 10:15 BINGO 12:30	12. S.A.I.L. BALANCE & EXERCISE CLASS 9:30 MOTHERS DAY PARTY ANDY&THE BAND 12:30
15. S.A.I.L. BALANCE & EXERCISE CLASS 9:30	16. FOOT CLINIC 9:00	17. YOGA 8:30	18. CHAIR EXERCISES 9:00 MUSIC BY HENRY 10:15 BINGO 12:30	19. S.A.I.L. BALANCE & EXERCISE CLASS 9:30 WHEEL OF FORTUNE 12:30
22. S.A.I.L. BALANCE & EXERCISE CLASS 9:30	23. CHAIR EXERCISES 9:00 CRAFTS 12:30	24. YOGA 8:30 LIFE STORIES 12:30	25. CHAIR EXERCISES 9:00 MUSIC BY HENRY 10:15 BINGO 12:30	26. S.A.I.L. BALANCE & EXERCISE CLASS 9:30
29. MEMORIAL DAY OBSERVANCE SENIOR CENTER CLOSED	30. CHAIR EXERCISES 9:00	31. YOGA 8:30		